



For **free, independent and confidential advice** on cost of living help, you can also contact our partners:



Citizens Advice in Dorset
Visit citizensadvisedorset.org.uk
Call 0800 144 8848



Age UK (for over 55s)
Bournemouth, Poole and East Dorset
Visit ageuk.org.uk/bournemouthpooleeastdorset
Call 01202 530530



Want to get online?
Call the digital hotline on 01305 221048 to book an in-person session with a digital champion at one of our libraries.



Check list

- Find my nearest foodbanks, community fridges and affordable food
- Claim benefits for the first time or check if I'm getting everything I'm entitled to
- Sort problems paying my Council Tax or check if I can claim Council Tax Support
- Apply for the Household Support Fund (people of state pension age)
- Get housing advice
- Get help with budgeting and managing debts or unpaid bills
- Look after my mental health and get help if I need it
- Check our eligibility for free school meals, healthy start vouchers and childcare funding
- Find help paying my utility bills
- Get advice about my employment rights

Act early

Cost of living **help**



If money is tight and life is worrying you, **act early** to prevent small problems turning into bigger ones.

We are working with your local Citizens Advice and Age UK to help you.

Help and advice

Citizens Advice and **Age UK** (for over 55s) offer free, independent, and confidential advice and support. If you need to talk to someone, whatever problems you are facing, do contact them first.

Find out more and how to apply for everything in this leaflet, online at dorsetcouncil.gov.uk/cost-of-living-help or use the links and telephone numbers below.

Accessing food

Don't skip meals to pay bills. Find your nearest foodbanks, community fridges and affordable food.

Visit helpandkindness.co.uk/food-projects or call 01305 595958
Call **Citizens Advice** 0800 144 8848 or visit your local Citizens Advice office

Benefits

Claim benefits for the first time or check if you are getting everything you are entitled to.

Visit dorsetcouncil.gov.uk/benefits or call 01305 211970

Council Tax

Problems paying your Council Tax or check if you can claim Council Tax Support.

Visit dorsetcouncil.gov.uk/counciltax

If you live in **East or North Dorset**, call 0345 034 4569

If you live in **Purbeck, West Dorset and Weymouth or Portland**, call 01305 211970

Extra money for older people

Apply for the **Household Support Fund** if you are a pensioner and have savings of less than £10,000.

Visit dorsetcouncil.gov.uk/household-support-fund or call 01305 221027

If you are on a low income, check if you can claim **Pension Credit**. It helps with Council Tax, NHS treatment, heating costs and more.

Visit gov.uk/pension-credit or call Pension Service helpline 0800 731 0469



Housing

Homelessness support, housing register (social housing) and general housing advice.

Visit dorsetcouncil.gov.uk/housing/homelessness or call 01305 211000

Managing your money

Budgeting and managing debts or unpaid bills.

Visit citizensadvice.org.uk/debt-and-money or call 0800 144 8848 or visit your local Citizens Advice office

Mental health and wellbeing

Tips on wellbeing and support if you need to talk.

Visit publichealthdorset.org.uk/mental-health or call **Connection (NHS)** available 24 hours a day 0800 652 0190

In a **life-threatening** situation always call 999.

Support for children

Check your eligibility for free school meals, healthy start vouchers and childcare funding.

Free school meals

Visit dorsetcouncil.gov.uk/free-school-meals or call 01305 221090

Healthy Start vouchers

Visit healthystart.nhs.uk/how-to-apply or call 0300 3307010

For childcare funding

Visit dorsetcouncil.gov.uk/childcare-funding-options or call 01305 221066

Utility bills

Contact your supplier for help in the first instance if you can't pay your gas, electricity, phone/broadband or water bills, and for information about lower tariffs for eligible people.

For advice and guidance on energy call **Citizens Advice Energy Unit** 01929 775500 or email energy@edpcitizensadvice.org.uk

Work worries

Advice on your employment rights if you worried about your work.

Visit citizensadvice.org.uk/work or call **Citizens Advice** 0800 144 8848 or visit your local Citizens Advice office